

How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit

Battalion Medical Readiness NCO

Brigade Medical Liaison

State Surgeon's Office

Preventative Measures for

Overall Good Health

- Exercise Regularly
- Healthy Diet
- Do Not Smoke
- Do Not Drink Alcoholic Beverages

Links that may be helpful:

<http://www.plannedparenthood.org/>

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/GI/sso>



CA ARNG State Surgeon's Office

9800 Goethe Road (Box 31)

Sacramento, CA 95826-9101

Fax: 916.854.4200

SSO Email: ca-mail.sso.ngca@ng.army.mil



California National Guard

STATE SURGEON'S OFFICE

**Pregnancy
&
Postpartum**





PREGNANCY & POSTPARTUM

The goal of the California Army National Guard is to protect both you, and your unborn child throughout the duration of your pregnancy.



Q: *I am pregnant. Do I need a temporary profile?*

A: Yes. You need to be issued a temporary pregnancy profile that will protect you and your baby throughout the term of your pregnancy.

Q: *When will the temporary pregnancy profile expire?*

A: Pregnancy profiles expire on the estimated delivery date.

Q: *How does my pregnancy affect my deployability status?*

A: You will be coded as pregnant in MEDPROS and will not be able to deploy.

POSTPARTUM

Q: *I am no longer pregnant. What do I do next?*

A: Obtain a note from your doctor with your delivery or pregnancy termination date. We will then issue a postpartum profile.

Q: *How will my new status be coded in MEDPROS?*

A: Submit a copy of your negative pregnancy test for proper coding to your chain of command.

Q: *When will I have to take the APFT?*

A: Your postpartum profile will allow you 180 days to prepare for the APFT, and meet the height & weight Army standards.